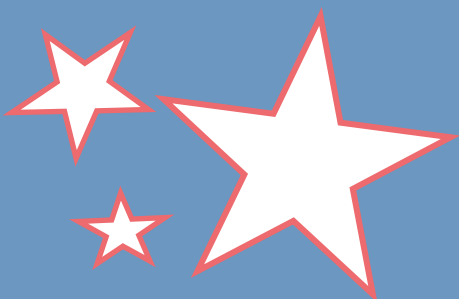


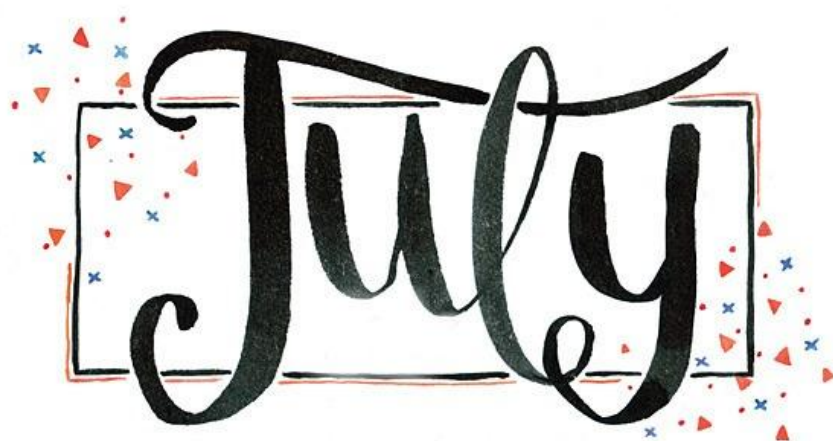


BEDFORD SENIORS CLUB NEWSLETTER



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(440) 735-6570



"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken." -James Dent, author

Senior Club Lunches

Bedford Senior Club members are invited to a congregate lunch on the 2nd and 4th Wednesday of the month (except November and December). Doors open at 11:30am. Meals and beverages will be served after a brief meeting at 12:00pm. Special social activities are planned every luncheon at 1:00pm (See Calendar for activities). Reserve your meal online or call 440-735-6570 before the registration deadline. Available for Bedford Senior Club Members only. Must register by deadline. Menu subject to change. Limited to 144.

Wednesday, June 25: Chicken Salad Wrap, Chips, Pickle

Registration deadline Friday, June 20.

Wednesday, July 9: BBQ Chicken Leg Quarters, Mac & Cheese

Registration deadline Thursday, July 3

Wednesday, July 23: Fried Bologna Sandwich, Chips, Pickles

Registration deadline Friday, July 18.






A vegetarian option is available.

*Please indicate during registration if you prefer a vegetarian substitution.
All program dates, times, fees, and menus are subject to change without notification.*



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 6/9/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11  Senior Lunch 12:00pm Dice Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	12 UH Walking Club 9:30am <u>No Pickleball</u> <u>No Barre Above</u>	13 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Nonnas"
16 Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm	17 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	18 Skee-ball 9:30am Sparkling Portraits 2:00pm Chair Yoga 5:30pm	19 Special Event 12pm-5pm 	20 <u>No Strength & Core</u> Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Hamilton" Deadline for 6/25 lunch
23 Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm	24 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm	25  Senior Lunch 12:00pm Bingo 1:00pm <u>No Chair Yoga</u>	26 UH Walking Club 9:30am Rock Hall 9:30am Morning Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	27 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Snow White"
30 Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm		<u>SATURDAYS</u> Yoga in the Park 9:00am June 21 		



University Hospitals
Center for Lifelong Health

AGE WELL.
Be Well.

A representative from University Hospitals will be present during senior lunches offering blood pressure checks and other health information.



CALENDAR OF ACTIVITIES FOR BEDFORD SENIOR CLUB MEMBERS

as of 6/10/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	2 Skee-ball 9:30am Medicare Help 10am-3pm Get Crafty 2:00pm Chair Yoga 5:30pm Playhouse Square & Dinner board bus 11:30am	3 UH Walking Club 9:30am <u>No Morning Yoga</u> Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Silver Screen 1:00pm "Dirty Dancing" <u>No Barre Above</u> Deadline for 7/9 lunch	4 <u>Closed for 4th of July</u>  Funny Bus Parade line-up 9:10am
7 Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm	8 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	9  Senior Lunch 12:00pm Outdoor Games 1:00pm Book Club 2:00pm Chair Yoga 5:30pm	10 UH Walking Club 9:30am Morning Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	11 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Here"
14 Healing Arts 10:00am Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm	15 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	16 Skee-ball 9:30am  LUNCH AND LEARN 12:00pm Sparkling Portraits 2:00pm Chair Yoga 5:30pm	17 UH Walking Club 9:30am Morning Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	18 Strength & Core 10:45am Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "Audrey's Children" Deadline for 7/23 lunch
21 Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm	22 Strength & Balance 10:30am Binge Watchers 2:00pm Billiards Open 2:00pm Pickleball Open Play 6:30pm, 7:30pm	23  Senior Lunch 12:00pm Bingo 1:00pm Chair Yoga 5:30pm	24 UH Walking Club 9:30am Morning Yoga 11:00am Pickleball Open Play 12:30pm, 1:30pm, 2:30pm Barre Above 6:00pm	25 <u>No Strength & Core</u> Aqua Exercise 11:00am, 12:00pm Silver Screen 1:00pm "A Real Pain"
28 Line Dancing 10:30am <u>No Pickleball</u> Knitting 1:00pm Local Motion 6:00pm	29 <u>No Strength & Balance</u> Binge Watchers 2:00pm Billiards Open 2:00pm	30 Skee-ball 9:30am Funeral Planning 12:00pm <u>No Chair Yoga</u>	31 UH Walking Club 9:30am <u>No Morning Yoga</u> Pickleball Open Play 12:30pm, 1:30pm, 2:30pm <u>No Barre Above</u>	SATURDAYS Yoga in the Park 9:00am July 12, 19, 26 (no class 7/5) 

IN MEMORIAM



STELLA A. WITOWSKI

(nee Soboslay), age 90, passed away on March 1, 2025. Beloved wife of the late Stanley Witowski; loving mother of Karen Sampson (Jere), and the late Stanley B. Witowski (Gayle); dear grandmother of Amanda Carlton (the late Brian), Zachary Witowski, Samantha Skvara (Ali); Jessica Duplaga (Richard); loving great-grandmother of Benjamin, Micah, Brendan, Aydin, Eli, and Kingston, sister of the late Anthony Soboslay, the late Michael Soboslay, and the late Nancy Jackson (late Bill); and beloved aunt. Stella aka Tootsie, an avid gardener, cook, and, baker, who was always on the move. Whether it be weekly mass, line dancing, polkaing, or out socializing, Toots never slowed down. She will be remembered with her spunky spirit, and genuine thirst for life. Memorial Contributions in Stella's name can be made to Hospice of the Western Reserve 17876 St. Clair Ave. Cleveland, OH 44110 or St. Jude Children Hospital 262 Danny Thomas Pl. Memphis, TN 38105.

A Memorial Service will be held Friday, Jun 27th at 1:00PM at FERFOLIA FUNERAL HOME 356 W. AURORA RD. (ST. RT. 82) SAGAMORE HILLS. Memorial visitation from 11:00am to 1:00pm.

RECREATION PROGRAMS

Juneteenth Community Celebration

Thursday, June 19, 2025 at Ellenwood Center— outdoor event

NEW SPECIAL EVENT! Bedford residents are invited for a vibrant Juneteenth celebration filled with music, games, and family fun! FREE inflatables and activities for Bedford families. Live music from resident and artist Jul Big Green from 12-1:30 PM. Cool off with open swim at Bedford Pool from 1–7 PM. Complimentary snow cones for pool attendees from 4-6 PM. (Membership or daily admission required). **More details on page 17.**

Pre-registered Bedford Senior Club members can receive a **FREE food truck meal ticket** that can be used at either **Smokin' Babes Barbeque Food Truck** (delicious southern homemade cuisine) or **Feed Myyy Bellyyy Food Truck** (American comfort food with a Caribbean twist). You can use your meal ticket with only ONE food truck. Additional menu items available for purchase. Food Trucks are publicly advertised from 12PM-4PM HOWEVER, trucks will open at 11AM for our early bird senior members.

Senior Club Members may check-in for their ticket between 10:45AM-12:00PM. Tickets will not be distributed after 12PM. You may redeem your ticket until 4PM. Check-in will be at the Recreation Tent on the pavilion side of the building (west lot). Limited to the first 100 registered Senior Club Members. Additional information, including menus will be distributed at the tent. Limited seating; bring a chair.



RECREATION PROGRAMS

Pickleball Open Play & Billiards Open Play

Register for fun and friendly competition and rotational play. Bring your own equipment or borrow from Ellenwood. Space is limited per session.

Be sure to check the Senior Event Calendar or online for our Open Play days and times. Reservations are highly recommended.

Location: Ellenwood Center Gymnasium & Room 2

Fee: Free to Senior Club Members / \$3 per class for non-club members

Bedford Senior Club in the Fourth of July Parade

We have rented the Cleveland Funny Bus on July 4th for 34 Senior Club members to ride and wave in the Fourth of July Parade! The ride will be open-air and have easy parking access. Parade participants will load at 9:15am at Ellenwood Center in the parking lot by the pavilion. The bus will head over to our parade line-up spot at 9:30am. Parade kicks off at 10:00am and will take roughly an hour. At the end of the parade, we will be driven back to Ellenwood Center. Minimal walking; ride in style! Please be sure to use the restroom before loading, as we won't have access until we reach Bedford Heights Community Center. Register by calling 440-735-6570 or stop by the Ellenwood Center office. Space is limited!



We are accepting candy bag donations for our Seniors to throw to parade goers!



RECREATION PROGRAMS

Peace of Mind: Funeral Preplanning

NEW! Planning ahead can bring peace of mind to you and your loved ones. Busch-Romito Funeral Homes will cover the benefits of funeral preplanning, how it can ease the burden on your family, and steps you can take to ensure your wishes are respected. Topics covered include:

Common reasons for preplanning

- How preplanning can ease the burden on your family during a time of loss
- Key things to know about funeral policies
- What we do at the funeral home during services and why
- The different types of funeral services and their unique features
- Financial planning for funeral services
- What happens if someone passes away far from home

Whether you're looking for guidance or simply want to learn more, this workshop will provide valuable information in a relaxed and supportive environment. A box lunch will be provided during this workshop, courtesy of Busch-Romito Funeral Homes.

Location: Ellenwood Center Room 4

Date: Wednesday, July 30

Time: 12:00 pm – 1:30 pm

Fee: Free; pre-registration required

Healing Arts Workshop: Inside and Out

NEW! Masks have been used in many cultures for a variety of reasons for thousands of years. We also wear invisible masks every day, especially when we are grieving. We may present one face to the world but feel very differently inside. Participants will explore these ideas and create their own mask. Space is limited.

Instructor: Mollie Borgione, Board Certified Art Therapist from Western Reserve Grief Services

Location: Ellenwood Center Room 3

Date: Monday, July 14

Time: 10:00 am – 11:30 am

This program is free and is for Bedford Senior Club Members only. Must register in advance.

Healing Arts Workshops provide a creative outlet for the grief of a loved one. These workshops are for grief recovery and not a crafting program. Space is very limited. No art experience is necessary



RECREATION PROGRAMS

Stay & Play: Post-Lunch Activity

Keep an eye on the calendar for special Stay & Play activities that will be held after our lunches. Pre-registration preferred; drop-ins welcome if space permits.

Get Crafty

A social and creative experience for older adults to experiment with various art materials and make fun seasonal crafts. Facilitated by librarians from the Bedford Branch of Cuyahoga County Public Library. Bedford Senior Club members only. Registration required.

Location: Ellenwood Center Room 3

Time: 2:00 pm—4:00 pm

DIY Paper Lanterns — Wednesday, July 2

August Craft TBA — Wednesday, August 6



PAINTING/CRAFT GUIDELINES: *Art classes have limited space and supplies, and often fill quickly. Walk-ins are only permitted if a registered participant does not arrive within the first 10 minutes of class. Priority for available spots will be given to individuals on the waitlist who are present. Admission of additional participants is at the discretion of the instructor and/or Recreation staff. Please follow all instructions provided by the instructor and use only the supplies allocated to you. We ask that everyone treats each other with kindness and respect. Failure to follow these guidelines may result in suspension from craft programs.*

Sparkling Portraits

Follow step-by-step directions to create a seasonal canvas painting inspired while sipping sparkling grape juice. No experience required. Free to Bedford Senior Club Members. Registration required.



Instructor: Melinda with So-So Artsy

Location: Ellenwood Center Room 3

Time: Painting starts at 2:00 pm

Third or Fourth Wednesday of the month

Fee: Free to Bedford Senior Club members

\$15 for non-members

~~**Delicate Dandelions** — Wednesday, June 18~~ **CLASS FULL**

Sunset — Wednesday, July 16

Starry Eve — August day/time TBA due to renovation.



RECREATION PROGRAMS

Energizing Morning Yoga

Invigorate your body and mind, setting a positive tone for the day ahead. Classes include a series of energizing poses, stretches, and breathwork techniques aimed at boosting your energy levels, improving flexibility, and enhancing mental clarity. The class is adaptable to various fitness levels, ensuring a safe and inclusive space for all participants. Bring a yoga mat. Pre-registration required. Instructor: Julionne Brown-Little, certified instructor

*Summer Weekday Dates: Thursdays, June 26, July 10, 17, 24, August 7 (No Class 7/3, 7/31)

*Summer Time: 11:00 am - 12:00 pm

Location: Ellenwood Center Room 4

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance

Yoga in the Park

Enjoy the peace and serenity of a yoga class at Archibald Willard Park (behind Ellenwood Center). Yoga is a combination of body movements, breathing, and mental relaxation. Strengthen your body, relieve stress and increase your flexibility. Classes are for adults and teens ages 14+ and designed for all fitness levels. Classes may be canceled due to inclement weather or wet grounds. Be sure to opt-in for text and email alerts. A minimum of 6 participants is required to run this program. Bring a yoga mat and water bottle. Pre-registration required.

Instructor: Julionne Brown-Little, certified instructor

Dates: Saturdays, June 21, July 12, 19, 26, August 9, 16 (No class 6/28, 7/5, 8/2)

Time: 9:00 am - 10:00 am

Location: Archibald Willard Park

Fee per class: \$5 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Senior Line Dancing

This lively group of seniors, led by volunteer instructor Jeanne Stainbrook, meets every Monday at Ellenwood Recreation Center to get a little exercise and to socialize.

Dates: Mondays, June 16, 23, 30, July 7, 14, 21, 28

Time: 10:30 am - 11:30 am

Location: Ellenwood Center Gymnasium

Fee: Bedford Senior Club Members are free and must register in advance.



RECREATION PROGRAMS

Local Motion with Jaki

This program will make you sweat while having a fun cardio experience to a musical fusion of club and urban dance styles. This program is for beginners and experienced dancers. Pre-registration required; please register by Monday afternoon.

Instructor: Jaki Ward

Location: Ellenwood Center Gym

Summer Dates: Mondays, June 16, 23, 30, July 7, 14, 21, 28, August 4

Time: 6:00 pm - 6:45 pm

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Chair Yoga Flow

Embark on a journey of gentle movement and relaxation. Seated comfortably in a chair or using it as a prop, participants will experience the rejuvenating effects of yoga postures, stretches, and breathwork in a supportive and inclusive environment. The nature of this class ensures that individuals with varying physical abilities can comfortably participate. Bring a yoga mat. Yoga blocks and bands can be borrowed from instructor.

Instructor: Yvonne Williams, certified Yoga instructor

Location: Ellenwood Center Room 4

Summer Dates: Wednesdays, June 11, 18, July 9, 16, 23 (No class 6/25, 7/2, 7/30)

Time: 5:30 pm - 6:30 pm

Fee per class: \$9 Bedford Resident/\$10 Non-Resident

Bedford Senior Club Members are free and must register in advance

UH Walking Club

Join neighbors for a morning of walking and talking to decrease stress, increase endurance, strengthen bones, manage your weight, and improve overall health. A workout for the mind, body and soul. Call UH Age Well Be Well at 440-735-2559 to register.

Location: Ellenwood Center Archibald Willard Pavilion
(walking inside in inclement weather)

Dates: Thursdays

Time: 9:30 am – 10:30 am

Fee: Free



RECREATION PROGRAMS

Strength & Balance

Begin your journey to better movement! Combining both standing and sitting movements, work to improve overall strength and basic balance training using light weights, bands, and various exercise balls. All exercises can be modified to each individual's needs and capabilities. Bring your own free weights or borrow from Ellenwood office. All other equipment will be provided. Space limited to 20 participants per class.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium

Summer Dates: Tuesdays, June 17, 24, July 1, 8, 15, 22, August 5, 12 (No class 7/29)

Time: 10:30 am – 11:30 am

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Strength & Core

Strength and core is an intermediate class programmed to develop overall body strength. Participants will use various equipment for resistance training for the first half of class and then do mat Pilates for core conditioning. Participants must be able to get themselves down to the floor and back up, with assistance if needed.

Instructor: Tony Binkowski, Functional Aging Specialist

Location: Ellenwood Center Gymnasium (Summer in Room 4 or outside)

Summer Dates: Fridays, June 13, 27, July 11, 18, August 8, 15 (No class 6/20, 7/4, 7/25, 8/1)

Time: 10:45 am – 11:30 am

Fee per class: \$6 Bedford Resident/\$7 Non-Resident

Bedford Senior Club Members are free and must register in advance

Barre Above®

Experience a dynamic and empowering workout that combines elements of Pilates, yoga, and dance strength training. Elevate your fitness routine and sculpt your body in a motivating group fitness class. Suitable for participants of all fitness levels; the class is designed to be adaptable, allowing you to progress at your own pace. Bring a yoga mat.

Instructor: Julionne Brown-Little, certified instructor

Location: Ellenwood Center Gym

Summer Dates: Thursdays, June 26, July 10, 17, 24, August 7, 14 (No class 7/3, 7/31)

Time: 6:00 pm - 7:00 pm

Fee per class: \$9 Bedford Resident/\$11 Non-Resident

Bedford Senior Club Members are free and must register in advance



RECREATION PROGRAMS

Senior Volunteer Crew

Join our Volunteer Crew! Use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer capacities! We are looking for Senior Volunteers to help us with our existing community programming and possibly even develop new and exciting offerings! Add another healthy habit to your routine; volunteer!

We are currently looking for volunteers for:

- **Chess Mentor with Summer Camp:** Tuesdays, June 17-August 5, 2:00pm-3:00pm at Ellenwood Center
- **Juneteenth Community Celebration:** Thursday, June 19, 10:30am-4:00pm at Ellenwood Center
- **Fourth of July Parade Judge:** Friday, July 4, 9:30am-11:00am at corner of Columbus/Logan (Looking for 2-3 judges)
- **Family Movie Night:** Friday, July 11 6:00pm-9:00pm at Bedford Commons aka Square

Contact Sarah at 440-735-6570 to learn more! Volunteers must fill out a volunteer application and may be subject to a background check when working with youth participants.

Monthly Newsletter

The monthly Senior Newsletter is available starting the second Wednesday of the month—released at our first lunch of the month! Many Senior Club members grab their newsletter at the first lunch and/or in-person programming at Ellenwood Center. Members who would like to receive the Senior News by mail, please call our office monthly to request it.

Senior Transportation Connection

The City offers door-to-door transportation service for Bedford Residents 60 years of age and older that can be used for medical appointments and errands such as banking, grocery shopping, etc. Wheelchair accessible vans are available. Service is not available to residents in nursing homes, assisted living or retirement facilities.

Boundary lines for all trips are:

North - UH Ahuja Medical Center

South - Northfield Plaza

East - City of Solon

West - Cleveland Clinic Independence

Transportation service is provided by Senior Transportation Connection which operates Monday through Friday 8:00 am to 4:30 pm. A fee of \$2 per roundtrip is required. For more information call 440-735-6570. An application must be on file with the Parks & Recreation

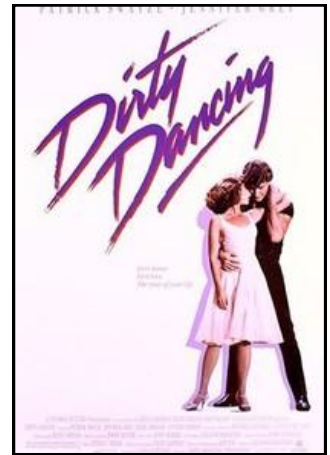
RECREATION PROGRAMS

Silver Screen Seniors

Join us for a weekly film. Light snacks and refreshments provided. Registration preferred. Drop-ins welcome if space permits. Free to Bedford seniors. Movies start at 1:00 pm in Ellenwood Center Room 1.

Thursday, July 3: Dirty Dancing (1987)

Baby (Jennifer Grey) is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she's disappointed when her summer plans deposit her at a sleepy resort in the Catskills with her parents. Her luck turns around, however, when the resort's dance instructor, Johnny (Patrick Swayze), enlists Baby as his new partner, and the two fall in love. Baby's father forbids her from seeing Johnny, but she's determined to help him perform the last big dance of the summer. Rated PG-13. 1 hour, 50 mins.



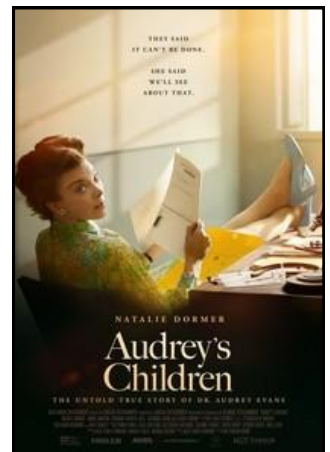
Friday, July 11: Here (2024)

Reuniting the director, writer and stars of Forrest Gump, Here is an original film about multiple families and a special place they inhabit. The story travels through generations, capturing the most relatable of human experiences. Zemeckis (Forrest Gump, Castaway, Who Framed Roger Rabbit, Contact, Back to the Future) directs from a screenplay by Eric Roth (Forrest Gump, Killers of the Flower Moon, Dune, A Star is Born) and him. Told much in the style of the acclaimed graphic novel by Richard McGuire on which it is based, Tom Hanks and Robin Wright star in a tale of love, loss, laughter and life, all of which happen right Here. Rated PG-13. 1 hour, 44 mins.



Friday, July 18: Audrey's Children (2024)

AUDREY'S CHILDREN tells the untold true story of visionary British physician Dr. Audrey Evans, who burst onto the scene in 1969 as the first female Chief of Oncology at the world-renowned Children's Hospital of Philadelphia. Battling sexism, medical conventions, and the subterfuge of her peers, Evans developed the first Neuroblastoma Staging System, co-founded the first Ronald McDonald House for families of patients, and, ultimately, impacted the lives of millions of children and families around the world. Rated PG. 1 hour, 50 mins.



Friday, July 25: A Real Pain (2024)

Mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) reunite for a tour through Poland to honor their beloved grandmother. The adventure takes a turn when the odd-couple's old tensions resurface against the backdrop of their family history. Rated R for strong language and drugs/drinking. 1 hour, 29 mins.



**There is space still available in:
6/27 Snow White (2024)**

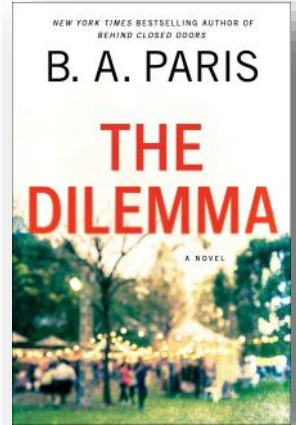
RECREATION PROGRAMS

Shelf Indulgence Book Club

Indulge in great conversations, dessert and coffee, and a mix of genres and styles of short stories and books. Facilitated by librarians from the Bedford Branch of CCPL. *LIBRARY BOOK COPIES AVAILABLE AT ELLENWOOD!*

Wednesday, July 9: *The Dilemma* by B. A. Paris

Goodreads: *Knowing the truth will destroy her. Keeping it secret will destroy him. It's Livia's 40th birthday, and her husband Adam is throwing her the party of a lifetime to make up for the wedding they never had. Everyone she loves will be there, except her daughter Marnie, who's studying abroad. But Livia is secretly glad Marnie won't be there.*



Livia has recently uncovered a secret about their daughter which, if revealed, will shake the foundation of their family to its core. She needs to tell Adam, but she's waiting until the party is over so they can have this last happy time together.

Adam, meanwhile, has his own surprise for Livia: he's arranged for Marnie to secretly fly back for the party. But before Marnie arrives, Adam hears some terrible news. Now he too is faced with a dilemma: Does he share what he's learned with his wife? Is hiding the truth the same as telling a lie? And how far are Adam and Livia willing to go to protect the ones they love—and give each other a last few hours of happiness?

Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month Time: 2:00 pm – 3:30 pm

Binge Watchers

Spend your afternoon binge watching your favorite on-demand series or discover something new! Stay afterwards and discuss your theories and thoughts. It's like a book club for binge watchers! Snacks will be provided.

Location: Ellenwood Center Room 1

Dates: Tuesdays Time: 2:00 pm

Grace & Frankie Season 6

June 17 — Episodes 1-4

June 24 — Episodes 5-8

July 1 — Episodes 9-13

The Handmaid's Tale Season 3

July 8 — Episodes 1-2

July 15 — Episodes 3-4

July 22 — Episodes 5-6

TV-MA.

July 29 — Episodes 7-8

August 5 — Episodes 9-10



RECREATION PROGRAMS



LUNCH
AND LEARN
WITH **BEDFORD**
PARKS & RECREATION

Join us for lunch and a great historic presentation. Lunch will be served promptly at noon and the presentation will start at 12:30pm. Doors open at 11:30am. Deadline for these programs will be the Friday before the program or until all seats are sold. There will be limited seating and registration is required for these presentations. Walk-ins will not be accepted. Menu is subject to change.

The Case of Sam Sheppard

On the fateful day of July 4, 1954, the peaceful streets of Bay Village, Ohio, were forever shaken by a chilling event. Marilyn Reese Sheppard was found murdered in her home, sparking a chain of events that would captivate the nation. In the midst of the confusion, her husband, Sam, claimed a bushy-haired intruder was the perpetrator. But doubts quickly emerged, and suspicions mounted. The press, particularly the Cleveland Press under the direction of editor Louis Seltzer, relentlessly pursued the case, pushing for answers and questioning Sam's involvement. Allegations of a conspiracy to protect Sam from justice added fuel to the fire, heightening public intrigue and turning the Sheppard case into a media spectacle. Join us as we explore the gripping tale of the Sheppard murder case, a true crime story that became a national obsession. Presented by the Western Reserve Historical Society.

Lunch will include a tongue-in-cheek nod to the case: "Sheppard Pie" and classic 1950s Jell-O salad.



Date: Wednesday, July 16

Time: 12:00 pm - 1:30 pm

Location: Ellenwood Center Gym

Fee: Free to Bedford Senior Club members/\$15 for non-members



Save the Date...

"Jaws" 50 Years of Terror — Wednesday, August 6

Bedford Municipal Pool

Season Pass Fees *(Must be a verified Bedford Resident)*

Individual Pass (ages 3-59) \$40

Senior Pass (ages 60+) \$20

Household Family of Four Pass \$100

Each additional household member \$15

Pre-season pass sales begin May 1 at Ellenwood Center during regular office hours. Each household member must provide verified proof of residency. Starting June 7, season passes will be available for purchase in person at the pool.

Daily Drop-In Fees

Bedford Resident \$5 *(residency verification required)*

Guest \$10 *(Must be accompanied by a Bedford pool passholder on a 1-1 ratio. Guests must provide name, date of birth and emergency contact information.)*

MONDAY

12:00pm – 1:00pm

Adult Swim*

1:00pm – 7:00pm

Open Swim

TUESDAY

10:00am – 11:45am

Learn-To-Swim Lessons *Registration required*

12:00pm – 1:00pm

Adult Swim*

1:00pm – 7:00pm

Open Swim

7:00pm – 7:45pm

Learn-To-Swim Lessons *Registration required*

WEDNESDAY

10:00am – 11:45am

Learn-To-Swim Lessons *Registration required*

12:00pm – 1:00pm

Adult Swim*

1:00pm – 7:00pm

Open Swim

7:00pm – 7:45pm

Learn-To-Swim Lessons *Registration required*

THURSDAY

10:00am – 11:45am

Learn-To-Swim Lessons *Registration required*

12:00pm – 1:00pm

Adult Swim*

1:00pm – 7:00pm

Open Swim

7:00pm – 7:45pm

Learn-To-Swim Lessons *Registration required*

FRIDAY

11:00am – 12:50pm

Aqua Exercise *Registration required*

12:00pm – 1:00pm

Adult Swim*

1:00pm – 7:00pm

Open Swim

SATURDAY

11:00am – 1:00pm

Family Swim**

1:00pm – 7:00pm

Open Swim

SUNDAY

11:00am – 1:00pm

Family Swim**

1:00pm – 7:00pm

Open Swim

Holiday Hours for Thursday, June 19 & Friday, July 4

12:00pm – 1:00pm Adult & Family Swim**

1:00pm – 7:00pm Open Swim

**Pool may be shared with other programs*

***Children that are 11 years old and under must be accompanied by an adult in the facility.*

DAY TRIPS for SENIORS



Register online: bedfordoh.myrec.com

Register by phone: (440) 735-6570

Register in person: **Ellenwood Center**
124 Ellenwood Ave

Baseball Game: Cleveland Guardians vs. Texas Rangers **Saturday, September 27 at Progressive Field**

Join us for exciting night out to watch our Cleveland Guardians take on the Texas Rangers at Progressive Field in downtown Cleveland. First pitch is at 6:10pm. Being the last home series of the regular season, we are in for a treat of promotions! It is Fan Appreciation Night and attendees can buy Sugardale Dollar Dogs or pre-game in the District with \$2 Coors Light. Fans will receive a 2026 Schedule Poster and enjoy a post-game Fireworks display!



We will board the bus at 4:00pm by the pavilion and leave Ellenwood Center at 4:15pm. We will return after the game and fireworks, approximately 10:15pm. We will be riding a school bus provided by Bedford City Schools. Please note that this trip requires mild-moderate walking, stairs and extended standing. All participants must be physically independent, have their own mobility devices and/or have a caregiver assist them.



Price includes one game ticket and transportation. Our tickets are in the lower level in section 130/131 on the first base/right field side. Food on your own. Our group has a 40 ticket limit.

Fee: \$40 Bedford Senior Club member/\$50 for non-member

Registration for Bedford Club Members begins July 1. Non-Club members must be a registered guest of a Bedford Senior Club member and may be registered beginning August 1. Limit of 1 guest max. Registration deadline August 15. No refunds after the deadline.



City of Bedford's

JUNETEENTH COMMUNITY CELEBRATION

THURSDAY | JUNE 19 | 12PM-5PM | ELLENWOOD CENTER
OUTDOOR EVENT 124 ELLENWOOD AVE

Celebrate freedom, community, and fun!

Bedford residents are invited for a vibrant Juneteenth celebration filled with music, activities, and family fun!

***FREE inflatables and activities for Bedford families from 12-4 PM
Proof of residency required for activity wristbands.***

*Guests of Bedford residents are \$10 for each wristband. Limit of 2 guests per family.
Children 11 and under must be accompanied with a Resident adult.*

***Delicious eats from Smokin' Babes Barbeque Food Truck
and Feeed Myyy Bellyyy Food Truck available for purchase.***

*Delicious southern homemade cuisine and American comfort food with a Caribbean twist!
Food available from 12:00-4:00pm*

Live music from resident and artist Jul Big Green from 12-1:30 PM

***Cool off with open swim at Bedford Pool from 1-7 PM
Complimentary snow cones for pool attendees from 4-6 PM***

*Pool membership or \$5 daily resident admission required with proof of residency.
Guests are \$10 and must be accompanied by a Bedford pool pass holder on a 1-1 ratio.*

MUSIC GAMES FOOD TRUCKS

**VERIFY YOUR RESIDENCY AND RESERVE
YOUR WRISTBANDS IN ADVANCE!
VISIT BEDFORDOH.MYREC.COM OR CALL 440-735-6570
FOR MORE DETAILS.**





Important Dates

- ◆ **Council Meeting-**
June 2
7:00 p.m.
- ◆ **Bedford Historical Society Strawberry Festival**
June 13-15
- ◆ **Juneteenth-**
City Hall Closed
June 19
- ◆ **July 4th-**
City Hall Closed
- ◆ **July 4th Parade-**
July 4
10:00 a.m.
- ◆ **Council Meeting-**
July 7
7:00 p.m.



City of Bedford Newsletter

June 2025

Exterior Residential Permit Fees Waived! Garden Club Bedford Beauties

During the month of June, the City's Building Department will be waiving the residential building permit fees associated with exterior improvements for owner occupied single family dwellings.

Those wishing to tackle some much needed exterior home improvements will still need to obtain the required approvals and associated permits during this opportunity. The contractors must be registered with the City. Should you have any questions, contact the Building Department at 440-735-6530.

Bedford/Bedford Heights 4th of July Parade

The Cities of Bedford and Bedford Heights are hosting our 40th annual Independence Day Parade on Friday, July 4th beginning at 10:00 a.m. The parade starts at Columbus and Washington Street, proceeds east on Columbus Road to Perkins Road, disbanding at Bedford Heights City Hall.

If your group or organization is interested in being a part of the parade, please visit www.bedfordoh.gov to obtain an application form. Any questions call Bedford City Hall at 440-735-6502.

Chipper Service

Chipper service will be the weeks of June 2, July 7, August 4, September 1 and October 6, 2025.

All items need to be on the curb and called into the Service Department, 440-735-6583, before the start of brush pick up for that month. We will not add addresses once pick up has begun for that month.

Get your garden gloves ready — it's time to show off your green thumb! The Bedford Garden Club is on the hunt for the most stunning front yards in the City of Bedford.

Judging Dates:
Monday, July 21 – Sunday, July 27

Front yards will be judged on:
Beauty- Creativity- Design- Effort -
Absolutely NO artificial flowers or greens!

Nominate a Yard!
Spotted a show-stopping yard? Nominate it!
You can even nominate your own yard, and businesses are welcome to apply too!

Send your nominations to:
Paula St. John — pnreed@msn.com

Let's celebrate the gardens that make Bedford beautiful!

The Bedford Garden Club will hold its next meeting on Wednesday, June 19 at 7:00 PM at Bedford Church of the Nazarene – Sherman Hall (365 Center road). Please note: This location is being used for June's meeting only.

Guest Speaker: Hedy Westra, Master Gardener
Topic: Alliums

Friendly Good Neighbor Reminders:

- Do not blow grass clippings and leaves into the street. The debris clogs catch basins and sewers. Grass clippings and leaves create a hazard for motorcycles.
- You must keep your dog on a leash, a tether or behind a fence.
- If you take your dog for walks, you must clean up after the dog (even in the park).
- Parking is not allowed on Bedford streets between the hours of 3:00 a.m. and 6:00 a.m. If you must park in the street, call the Police Department non-emergency number at 440-232-1234.



CITY OF BEDFORD
SUMMER
CONCERT
SERIES

2025

Bedford Commons
730 Broadway Ave



JUN 4

XCETERA

R&B, FUNK, SOUL, POP

JUN 18

HERB WILBORN, JR. & HIS BAND

INTERNATIONAL RECORDING JAZZ ARTIST/FLAUTIST

JUL 2

THE TALKBOX BAND

JOE WALSH/PETER FRAMPTON/STEELY DAN TRIBUTE
BAND & 1970'S HITS

JUL 16

JUL BIG GREEN

POP, HIP-HOP, ROCK

JUL 30

TWEED

IRISH FOLK & CONTEMPORARY/CLASSIC HITS

AUG 13

RISK FACTOR

ROCK, POP, COUNTRY HITS

PRESENTED BY

CITY OF BEDFORD

BEDFORD PARKS & RECREATION

Bands Perform 7:00PM-9:00PM



CITY OF BEDFORD – 2025 EVENTS

May 26 Mon.	Memorial Day Parade & Ceremonies 10:15 a.m.	Mike Guyer / 440-773-2835 mguyer@msn.com
June 13-15 Fri.-Sun.	Bedford Historical Society Strawberry Festival	Betsy Lee / 216-536-0093 georgesmom25@yahoo.com
July 4 Friday	4th of July Parade 10:00 a.m. - Columbus Road	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
July 11 Fri.	Family Movie Night at Bedford Commons	Parks & Recreation / 440-735-6570 recreation@bedfordoh.gov
July 18-20 Fri.-Sun.	Bedford Rotary Rib Festival	Chris Bulanda / 216-338-7124 chrisb@berwyntech.net www.bedfordohiorotary.org
August 9 Sat.	Bedford Historical Society Flea Market 9:00 a.m. - 4:00 p.m.	Chris Sweet / 440-439-7470 cms1776@hotmail.com
August 15-17 Fri.-Sun.	Cleveland Pagan Pride	Matthew Stewart / 440-439-4372 clevelandpaganpride@yahoo.com
September 13 Sat.	Community Garage Sale 9:00 a.m. - 4:00 p.m. City Wide	Bedford City Hall 440-735-6530 www.bedfordoh.gov
October 4 Sat.	City of Bedford Children's Fall Fest 10:00 a.m. - 1:00 p.m.	Bedford City Hall / 440-735-6502 azgrabik@bedfordoh.gov
November 26 Wed.	Tree Lighting Ceremony 6:00 p.m.	Bedford City Hall 440-232-1600

THE CITY OF BEDFORD'S SUMMER CONCERT SERIES

Bedford Commons
Wednesday Evenings
7:00 p.m. - 9:00 p.m.

June 4 July 2 July 30
June 18 July 16 August 13
(Dates are subject to change)

440-735-6570 / recreation@bedfordoh.gov

COMMUNITY SHRED DAYS

Bedford City Hall Parking Lot

Saturday, May 17 & September 13
9:00 a.m.—12:00 p.m.
Bedford City Hall Parking Lot

www.bedfordoh.gov

Visit www.bedfordoh.gov for updated information



The Bedford Branch is located at 70 Columbus Road.
For more information or to register for a program, please call (440) 439-4997

Afternoon Book Discussion—SEE PAGE 13 FOR DETAILS!

Location: Ellenwood Center Room 1

Dates: Second Wednesday of the month Time: 2:00 pm – 3:30 pm

African American Authors Book Group— In-Person or Virtual

Thursday, June 26: 7:00pm - 8:30pm

Bedford Branch - Meeting Room, Bedford Branch Zoom

July Title: *Praisesong for the Kitchen Ghosts Stories & Recipes from Five Generations of Black Appalachian Country Cooks* By: Crystal Wilkinson

Mobile Pantry - Free, fresh produce distribution

Wednesday, June 18 & July 16: 1:30pm - 3:30pm Bedford Branch Parking Lot

CCPL is collaborating with the Greater Cleveland Food Bank to distribute free, fresh produce to those in need. This event will be held rain or shine. Each family will receive 3 pre-packaged boxes of dairy, meat, and/or produce for free, loaded into their vehicle trunk. First come, first-served basis, adults of any age, zip code, income level. Each vehicle can have up to 4 "families" (such as if single seniors are riding together). Vehicles preferred over walk-ups, for safety reasons.

Black History & Photographic Memories *Illustrated Lecture-Discussion by Regennia N. Williams, PhD*

Saturday, July 19: 11:00am - 12:30pm

Bedford Branch - Meeting Room

Enjoy a visual exploration of African American History through the lens of influential photographers from 1968 to Present.

Digital Navigator at Bedford

Monday, July 28 & Tuesday, July 29: 12:00pm - 4:30pm Bedford Branch

CCPL's Digital Navigators service offers one-on-one assistance to help you connect to the internet, get a device, set up a telehealth appointment and more. Call 216.749.9420 to make an appointment.

Internet Basics

Friday, August 08: 9:30am - 11:30am

Bedford Branch

Learn how to use web browsers and search engines to navigate the internet. Also learn how to stay secure while being online. Prerequisite: Computer Basics or experience using a mouse. *Registration opens on Monday, July 7 2025 at 9:00am*

Healthy Living for Your Brain and Body

Friday, August 08: 2:00pm - 3:00pm

Bedford Branch - Meeting Room

Learn about the connection between mind and body and how to foster both for healthy aging. *Registration opens on Monday, July 7 2025 at 9:00am*



American Heart Association®

Healthy for Good™

HOW TO QUIT TOBACCO

Life's Essential



EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.
- ➔ Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Smoking damages your circulatory system and increases your risk of multiple diseases.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults. You can be one of the millions of people who successfully quit every year.
- ➔ Vaping and secondhand smoke
- ➔ Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.



MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care professional, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal with cravings and urges

QUIT on your quit day.



TIPS FOR SUCCESS



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too.



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting.



GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. **1-800-QuitNow**



STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

Learn more at heart.org/lifes8

SEAFOOD

Salmon Hashburgers



SERVES
4 • 1 burger per serving



PREP TIME
15 minutes



COOK TIME
30 minutes



TOTAL TIME
45 minutes



Ingredients

Cooking spray

- 1 5-ounce can pink salmon, drained, or 1½ cups chopped cooked fresh salmon
- 2 large egg whites
- 1 small onion, finely chopped (about ⅓ cup)
- ½ cup salt-free breadcrumbs
- 1 tablespoon and 1 teaspoon honey mustard, divided
- ¼ cup light mayonnaise
- 4 cups frozen potato hash browns, thawed
- 4 lettuce leaves
- 4 thick tomato slices
- ½ medium avocado, peeled, pitted and cut into 8 slices

Directions

1. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
2. In a small bowl, stir together the salmon, egg whites, onion, breadcrumbs, and 1 tablespoon of the mustard.
3. In another small bowl, whisk together the remaining 1 teaspoon mustard with the mayonnaise. Set aside.
4. Press one-quarter of the salmon mixture into a ½-cup measuring cup. Gently remove the mixture retaining the shape. Form it into a patty. Place it on the baking sheet. Repeat with the remaining salmon mixture.
5. To make the "buns," squeeze any excess water from the hash browns. Press one-quarter of the hash browns into a ½-cup measuring cup. Gently remove the mixture retaining the shape. Form it into a patty. Place it on the baking sheet. Repeat with the remaining hash browns.
6. Lightly spray the patties and "buns" with cooking spray. Bake for 20 minutes. Remove only the patties from the oven. Cover to keep warm.
7. Increase the temperature to 450°F. Cook the "buns" for 5 to 10 minutes, or until lightly browned.
8. Place the patties on four plates. Spread each patty with the mayonnaise mixture. Top with a lettuce leaf, tomato slice, 2 avocado slices and the hash brown "bun."

Nutrition Analysis (per serving)

Calories	345
Total Fat	10.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	3.0 g
Cholesterol	32 mg
Sodium	330 mg
Carbohydrates	48 g
Fiber	6 g
Total Sugars	4 g
Includes Added Sugars	2 g
Protein	16 g

Dietary Exchanges

3 starch, 1½ lean meat, ½ fat

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified Recipe.



Beware of Scammers Claiming to be Ohio Bureau of Motor Vehicles

The Ohio Bureau of Motor Vehicles (BMV) has received reports of a possible texting scam being perpetrated on Ohioans today from scammers claiming to be from Ohio BMV.

Ohio residents have reported receiving text messages from scammers claiming to be from BMV and informing the recipients that they have an outstanding traffic ticket. The text then instructs the recipient to pay immediately to avoid a license suspension. This particular scam is a phishing attempt that is being reported by drivers nationwide and is designed to trick residents into giving up personal or financial information.

“If you receive this text, do not fall for this scam,” said Ohio BMV Registrar Charlie Norman. “Do not click any links and delete the text. Ohio BMV will never send you a text demanding payment or requesting your personal information.”

Ohioans can report scam attempts to the Federal Trade Commission by visiting reportfraud.ftc.gov. If you believe you have been a victim of a scam, please contact your local law enforcement agency.

Ohio Department of Vehicles(BMV) Final Notice: Enforcement Penalties Begin on **June 11**.

Our records show that as of today, you still have an outstanding traffic ticket. In accordance with ohio State State Administrative Code 15C-16.003, if you do not complete payment by **June 10, 2025**, we will take the following actions:

1. Report to the BMV violation database
2. Suspend your vehicle registration starting **June 11**
3. Suspend driving privileges for 30 days
4. Transfer to a toll booth and charge a 35% service fee
5. You may be prosecuted and your credit score will be affected

Pay Now:

<http://bmv.ohiogovdyt.vip/pay>

Please pay immediately before enforcement to avoid license suspension and further legal disputes.

(Reply Y and re-open this message to click the link, or copy it to your browser.)



Copy text



Share



More





The Ohio Department of Aging is proud to provide older Ohioans convenient access to locally grown fruits, vegetables, fresh-cut herbs, and raw honey, through the Senior Farmers Market Nutrition Program (SFMNP). Participants receive \$50 worth of coupons for the growing season at participating farmers' markets.

You are eligible for the Ohio Senior Farmers Market Nutrition Program and its \$50 annual benefit if:

- You are age 60 or older
- You live in one of the 80 counties that participate in the program. (YES, CUYAHOGA COUNTY PARTICIPATES!)
- You have a household income that falls within 185% of the 2025 Federal Poverty Level:
 - \$0-\$28,953 for a 1-person household
 - \$0-\$39,128 for a 2-person household
 - \$0-\$49,303 for a 3-person household
 - \$0-\$59,478 for a 4-person household
 - \$0-\$69,653 for a 5-person household
 - \$0-\$79,828 for a 6-person household

Ohioans can now apply for the program online at **Aging.Ohio.gov/SFMNP**. Ohioans must re-apply every year to continue receiving benefits. Use a mobile app or receive a physical card with your loaded benefit.

Need Help? Call 1-866-243-5678 to be connected to your local Area Agency on Aging to learn more about the program and get help with applying.

If you have already been approved for the SFMNP this year and would like a re-sent confirmation email, help resetting your password, or checking your benefit balance, please contact the Ohio Homegrown Benefits Support Line at (614) 412-1729, Monday-Friday from 10 a.m.-7 p.m., or Saturday-Sunday from 8 a.m.-5 p.m.



JUNETEENTH

FOR MORE INFORMATION
PLEASE CALL OR EMAIL:

216-312-2866
juneteenthfreedom5k@gmail.com

In celebration of Juneteenth
FREEDOM RUN & WALK
5K | 1 MILER

Thursday 7:45 AM - 11:00 AM



6.19.25

ONLINE REGISTRATION IS
REQUIRED PLEASE VISIT:

 <https://runsignup.com/Race/OH/Bedford/jf5k>

Race Packet Pickup:
Wednesday, June 18th

Fleet Feet Northfield
114 E Aurora Rd #200, Northfield
Begins: 5:00pm - 8:00pm

Race Day:
Race begins at Bedford High School
Bearcat Stadium
481 Northfield Rd, Bedford, Ohio

1 miler Take-off @ 8:00am
5k Take-off @ 8:10am

REGISTRATION 5K \$45 PER PERSON
REGISTRATION 1 MILER \$30

INCLUDES: T-SHIRT, SWAG BAG, SNACK, & FINISHER'S MEDAL

***Price increase of \$10 on June 13TH**
Last Day to Register June 18th



**** Register BEFORE the PRICE INCREASE**
receive 1 entry to receive free pair of shoes up
to \$160 value

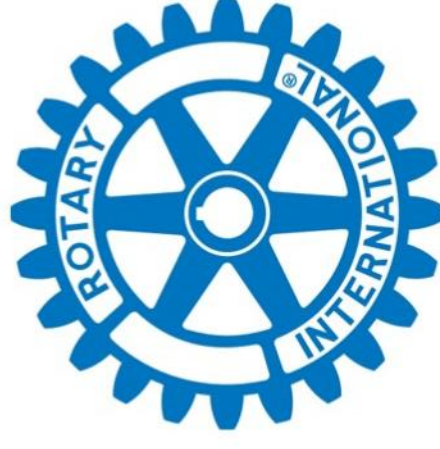
FLEET FEET

BROOKS

In Collaboration With:

CLEVELAND





Charity Poker Tournament to benefit Student Scholarship Programs!

5pm on Saturday July 19th, 2025. Registration at door starts at 4pm

You and your friends are invited to the Texas Hold'em tournament on July 19th. *Please help us spread the word!*

The tournament takes place on the Bedford Commons during the Rotary Ribfest, 750 Broadway Avenue, Bedford Ohio 44146

Tournament starts at 5pm

For info and to Pre-Register go to www.bedfordhiorotary.org

Entry Fee: \$50 at the door

- Includes Refreshments (Water & Coffee).
\$2000 in chips!

Registration info

- * 4Pm-5pm at the door
- * Pre-Register before July 10 & get \$500 *bonus* chips!

Seats (players) are limited to 100

Over \$2500 in Prize Monday *if all seats are filled*

Two \$20 rebuy/Add-on anytime in first hour for additional \$2000 in chips

Sign up online at www.bedfordhiorotary.org

or email chrisb@berwyntech.net with player info

AT-A-GLANCE: SEVERE WEATHER

Severe Thunderstorm Watch: *Severe storms possible. Be prepared.* Weather conditions favor thunderstorms capable of producing large hail or damaging wind at this location on the map.

Severe Thunderstorm Warning: *Severe storms expected! Seek Shelter.* Large hail or damaging wind is occurring or will shortly at this location on the map.



Severe Thunderstorm Definition: A thunderstorm that produces a tornado, winds of at least 58 mph, and/or quarter size hail (at least 1")

Prepare for...

- **Be Weather-Ready:** Check the forecast regularly to see if you're at risk for severe weather. Listen to local news or a NOAA Weather Radio
- **Sign Up for Notifications:** www.READYNOTIFY.US
- **Create and Practice Your Plan:** Pick a safe room such as a basement, storm cellar, or an interior room on the lowest floor with no windows
- **Prepare Your Home:** Keep trees and branches trimmed near your house. If you have time secure loose objects, close windows and doors, and move any valuable objects inside or under a sturdy structure.



During a...

- **Stay Weather Ready:** Continue to listen to local news or a NOAA Weather Radio.
- **At Your House:** Go to your secure location if you hear a severe thunderstorm warning. Take your pets with you if time allows.
- **At Your Workplace/School:** Stay away from windows if you are in a severe thunderstorm warning. Do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.

After a...

- **Stay Informed:** Continue listening to local news or a NOAA Weather Radio.
- **Contact Family/Loved Ones:** Text messages or social media are more reliable forms of communication than phone calls
- **Assess the Damage:** Contact local authorities if you see power lines down. Stay out of damaged buildings. Be aware of insurance scammers if your property has been damaged.



Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us



@CuyahogaOEM

Facebook.com/CuyahogaOEM



Are you struggling to pay your mortgage, rent, utilities or property taxes?

Don't take out a pay-day loan, you may qualify for federal benefits if you are at risk of:



FORECLOSURE*

Amount of assistance varies



EVICTION

Up to 12 months rental assistance paid directly to your landlord



UTILITY SHUT-OFF

Amount of assistance varies



PROPERTY TAX DELINQUENCY

Up to \$7,500 in assistance

Assistance available to those 55 and older. Email era2@benrose.org or call us today at 216-791-8000 to schedule your FREE assessment.

*Foreclosure assistance is available for all ages.

To create a more integrated experience for those who utilize ESOP as well as other Benjamin Rose offerings, we are thoughtfully phasing out the ESOP name. All of the ESOP financial wellness and housing stability programs and services the community has grown to know and trust will continue to be available and delivered by the same dedicated team.

JULY HOLIDAYS

DATE**HOLIDAY**

- | | |
|----|------------------------------|
| 1 | International Joke Day |
| 2 | Made in the USA Day |
| 3 | National Eat Beans Day |
| 4 | Independence Day |
| 5 | Mechanical Pencil Day |
| 6 | National Fried Chicken Day |
| 7 | National Day of Rock 'n Roll |
| 8 | National Blueberry Day |
| 9 | National Sugar Cookie Day |
| 10 | National Kitten Day |
| 11 | National State Fair Food Day |
| 12 | National Pecan Pie Day |
| 13 | National French Fry Day |
| 14 | Shark Awareness Day |
| 15 | National Be a Dork Day |

DATE**HOLIDAY**

- | | |
|----|-------------------------------|
| 16 | National Cherry Day |
| 17 | National Ice Cream Day |
| 18 | National Sour Candy Day |
| 19 | National Football Day |
| 20 | National Hot Dog Day |
| 21 | National Junk Food Day |
| 22 | National Hammock Day |
| 23 | National Day of the Cowboy |
| 24 | National Cousins Day |
| 25 | National Hot Fudge Sundae Day |
| 26 | National Aunt & Uncle Day |
| 27 | Bagpipe Appreciation Day |
| 28 | National Soccer Day |
| 29 | National Lasagna Day |
| 30 | Share a Hug Day |
| 31 | National Avocado Day |

Summer One-Liners

What's the best day to go to the beach? SUN day!

What do you get when you combine an elephant with a fish? Swimming trunks!

Do fish go on vacation? No, because they're always in school!

What do you say to a sweaty puppy? You are one hot dog!

Why did the dolphin cross the beach? To get to the other tide!

What do sheep do on sunny days? Have a baa-baa-cue.

Why don't oysters share their pearls? Because they're shellfish!

Why do fish like to eat worms? Because they get hooked on them!

What is a shark's favorite sandwich? Peanut butter and jellyfish!

What does the sun drink out of? SUN glasses

Why did the chicken cross the playground? To get to the other slide!

When do you go at red and stop at green? When you're eating a watermelon

What is a frog's favorite summertime treat? Hopsicles!

What do you call a fish that doesn't have any eyes (i's)? A fsh!

What did the pig say at the beach on a hot summer's day? I'm bacon!

Why should you never blame a dolphin for doing anything wrong? Because they never do it on porpoise!

What do you call a witch who lives on the beach? A sandwitch!

What does a shark eat for dinner? Fish and ships!

Why are fish never good tennis players? Because they never get close to the net!

What do frogs like to drink on a hot summer day? Croak-o-cola.

What did the beach say as the tide came in? Long time no sea

What did the grape say when he was stepped on? Nothing, he just made a little wine!

What race is never run? A swimming race.

What do you call a snowman in July? A puddle!

Why didn't the elephant buy a suitcase for his summer vacation? Because he already had a trunk!

Where do sharks go on summer vacation? Finland!

Where did the sheep go on vacation? The Baa-hamas!

Where does a ship go when it's sick? To the DOCK!

What kind of music do killer whales like? They listen to the orca-stra!

What's that new summer pirate movie rated? It's rated ARRRRRR!

Why do fish swim in salt water? Because pepper makes them sneeze!

What did the ocean say to the shore? Nothing it just waved.

What kind of water cannot freeze? Hot water

What kind of tree fits in your hand? A palm tree!

What part of the fish weighs the most? The scales.

What is the difference between a piano and a fish? You can tune a piano, but you can't tuna fish.

How does a cucumber become a pickle? It goes through a jarring experience.

What should a toddler wear to go swimming? Pool-ups.

IT'S GRILL TIME!

FIND THE WORDS



July is National Grilling Month! Can you find all the meats, veggies, and fruits that can be grilled (hidden horizontally, vertically, and diagonally) using the clues? Check off or fill in a circle when you find a word that fits that category.



FIND AND CIRCLE:

6 meats you can grill



5 veggies you can grill



4 fruits you can grill



X	S	A	P	I	N	I	H	C	C	U	Z	K	E	C
P	T	P	Z	E	C	Z	D	S	E	H	C	A	E	P
O	N	N	O	O	P	D	V	N	F	K	J	E	N	P
T	A	Z	R	H	D	P	B	S	G	O	D	T	O	H
A	L	N	I	W	C	U	E	B	A	M	M	S	P	S
T	P	W	B	I	R	K	J	R	O	N	N	Z	N	R
O	G	M	S	G	F	N	R	M	S	T	A	L	M	A
E	G	D	E	H	B	R	T	O	Q	W	Q	N	C	E
S	E	R	P	I	N	E	A	P	P	L	E	Z	A	P
R	S	R	K	I	U	C	H	I	C	K	E	N	K	B

4TH OF JULY

WORD SEARCH

T M N W Q J E T A R B E L E C D Y
 I M T Q H H Y M Q R Q U D U E I A
 O Q T A W Q M Z Y E X U C C N T D
 I N D E P E N D E N C E L C J A I
 A S I O U O R H A M U A A T U Q L
 N K S A M E R I C A R P P S O S O
 U R P U F U B E E A Y S T R U B H
 P O A Y D L D W T O E C I N C I P
 K W R W E A A I L P O E A U E O N
 F E K H T F O G I A D E U S D I H
 Y R L I I N T R B E M D T N A T L
 L I E T N P T Z E U R A E T R S C
 U F R E U S L Q R R R U I U A A E
 J V S O D L K V T S L R O K P J B
 W I T O E O M O Y B B F I U P J L
 I A S V Y E M R E D R E M M U S E

America
 Blue
 Britain
 Celebrate
 Declaration

Fireworks
 Flag
 Fourth
 Freedom
 Holiday

Independence
 July
 Liberty
 Parade
 Picnic

Red
 Sparklers
 Stars
 Stripes
 Summer

United
 White

PUZZLES & MORE

Solve each Sudoku puzzle!

9	8	1	3	6	5	2	7	4
7	6	5	4	8	2	3	1	9
2	4	3	1	7	9	8	5	6
1	9	2	6	3	4	7	8	5
4	3	7	5	2	8	9	6	1
8	5	6	9	1	7	4	3	2
3	2	4	7	5	6	1	9	8
5	1	8	2	9	3	6	4	7
6	7	9	8	4	1	5	2	3

Sudoku puzzles require you to find the missing numbers in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

You can't just add any numbers, though. There are rules that making solving the puzzle challenging.

A number can only occur once in a row, column, or square.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!

8		7			4			9
1		9	8		2	3		7
	3	5			7	4		6
6		4	7	8		9	3	
9		3			1		7	
7	8				3	1	4	
	7	1	4		9	8		3
4	2		3	7	6		9	1
3	9		1		8	7		4

8		9	3		6	7	5	2
3		2	1		5	8		4
	4	7	8	2	9		6	3
2		5			8	6	3	
1		6	7		3	2		8
4		3	9		2			7
7	3			8	4		2	6
6		4	2	9	7	3	8	
	2		6	3			7	

5		1		9	6		3	8
9		8	7	5			6	
	3		8		1		9	5
3	7			8			5	
	8	5	6	1				3
	6		3		5		8	
	5	3	1	6		8		9
6	1			3	8	5		2
8	9		5	7			1	6

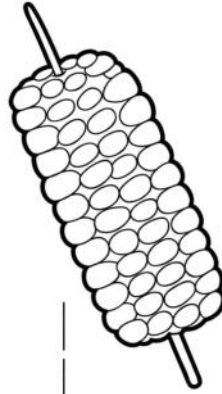
7	2			5	8	1	3	
1	3		2	7		8	5	
		8		1	3	7	9	
9	7	5	8		2		1	
2	4		1		5		8	7
	8	1	3		7			5
4	1			3	9	5	7	
	9	7	5	2		3		1
	5		7	8	1		2	

THE CORNIEST STATES

UNSCRAMBLE THE WORDS

July is National Corn Month! Below you find 11 states that are the highest growers of corn. After you've unscrambled each state, write the circled letter above the number to which it belongs at the bottom. This will reveal the answer to the riddle!

1. tornh katdoa
2. smuriso*i*
3. scinowins
4. annaidi
5. slolinii
6. branskea
7. sasank
8. waio
9. samintneo
10. hostu adokat
11. ihoo

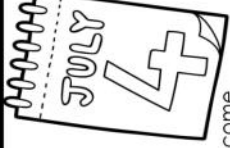


What do you call corn that's been frightened?

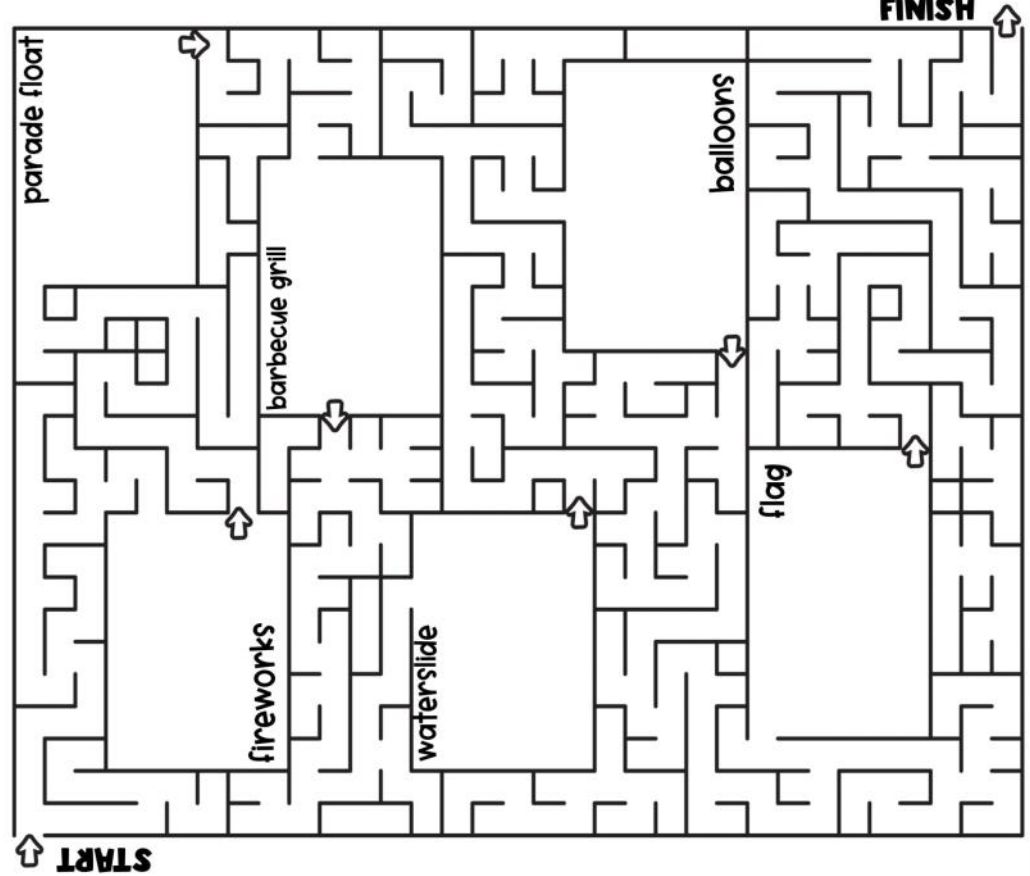
5 3 1 9 8 2 9 4 3 10 1 7

INDEPENDENCE DAY

SOLVE AND DRAW



Directions: Start at the beginning and solve the maze. Stop each time you come to a box and draw the item written there. Continue until the entire maze is solved.



INDEPENDENCE DAY

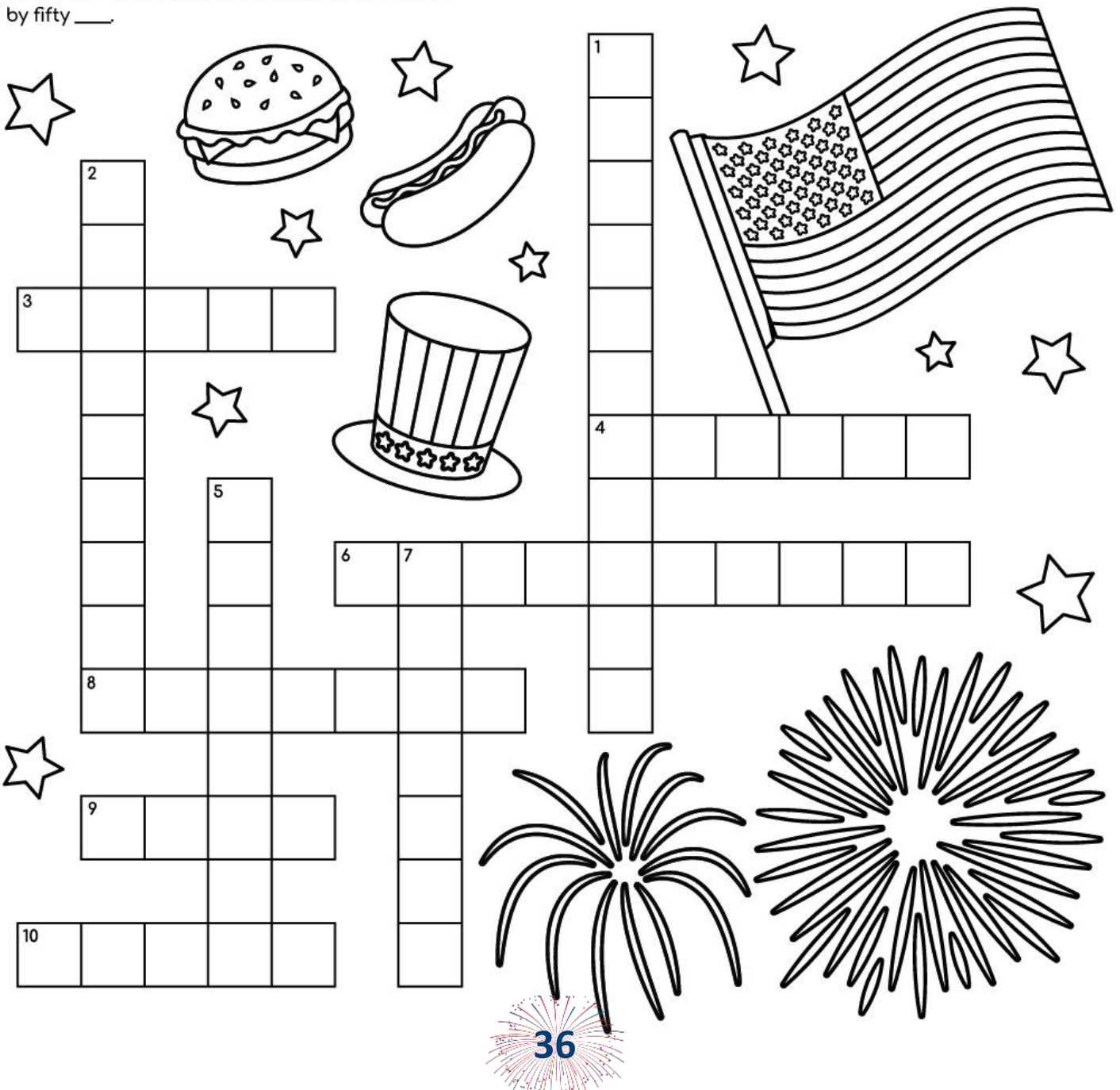
Test your knowledge of vocabulary words and facts. Use the clues below to fill in your answers in the numbered squares.

ACROSS

3. At a cookout, you may cook food outside on this.
4. The national ____ is a patriotic song.
6. The first U.S. President was George ____.
8. Our flag is adorned with red and white ____.
9. Independence Day is celebrated on the 4th of ____.
10. On the U.S. flag, the states are represented by fifty ____.

DOWN

1. The ____ of Independence is an important, historical document.
2. They light up the night sky with colors and sounds.
5. A metal stick you light and hold in your hand.
7. This holiday is celebrated in the United States of ____.



ANSWERS

8	6	7	5	3	4	2	1	9
1	4	9	8	6	2	3	5	7
2	3	5	9	1	7	4	8	6
6	1	4	7	8	5	9	3	2
9	5	3	2	4	1	6	7	8
7	8	2	6	9	3	1	4	5
5	7	1	4	2	9	8	6	3
4	2	8	3	7	6	5	9	1
3	9	6	1	5	8	7	2	4

8	1	9	3	4	6	7	5	2
3	6	2	1	7	5	8	9	4
5	4	7	8	2	9	1	6	3
2	7	5	4	1	8	6	3	9
1	9	6	7	5	3	2	4	8
4	8	3	9	6	2	5	1	7
7	3	1	5	8	4	9	2	6
6	5	4	2	9	7	3	8	1
9	2	8	6	3	1	4	7	5

5	4	1	2	9	6	7	3	8
9	2	8	7	5	3	1	6	4
7	3	6	8	4	1	2	9	5
3	7	2	4	8	9	6	5	1
4	8	5	6	1	7	9	2	3
1	6	9	3	2	5	4	8	7
2	5	3	1	6	4	8	7	9
6	1	7	9	3	8	5	4	2
8	9	4	5	7	2	3	1	6

7	2	4	9	5	8	1	3	6
1	3	9	2	7	6	8	5	4
5	6	8	4	1	3	7	9	2
9	7	5	8	4	2	6	1	3
2	4	3	1	6	5	9	8	7
6	8	1	3	9	7	2	4	5
4	1	2	6	3	9	5	7	8
8	9	7	5	2	4	3	6	1
3	5	6	7	8	1	4	2	9

FIND AND CIRCLE:

6 meats: **RIBS, PORK CHOPS, CHICKEN, HOT DOGS, STEAK, BURGERS**

5 veggies: **POTATOES, EGGPLANT, ZUCCHINI, CORN, PEPPERS**

4 fruits: **PINEAPPLE, BANANAS, PEACHES, PEARS**

THE CORNIEST STATES

UNSCRAMBLE THE WORDS

ANSWER KEY

1. tornh katdoa **N O R T H D A K O T A**

2. smuriso **M I S S O U R I**

3. scinowins **W I S C O N S I N**

4. annaidi **I N D I A N A**

5. slolinii **I L L I N O I S**

6. branskea **N E B R A S K A**

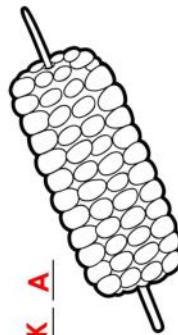
7. sasank **K A N S A S**

8. waio **I O W A**

9. samintneo **M I N N E S O T A**

10. hostu adokat **S O U T H D A K O T A**

11. ihoo **O H I O**



What do you call corn that's been frightened?

S C R E A M E D C O R N!

JUNE BIRTHDAYS

Charlotte Baran
Bernard Benewiat
Mary Ann Bornaschella
Connie Bryant
Dale Carano
George Chimienti
Susan Chimenti
Hubert Clayton
Elizabeth Darr
Julianne Diederich
Patricia French
Mike Garvin
JoAnne Hampton
Ronna Hardy
Beatrice Harris
Patricia Herron
Stephanie Hoey

Brenda Holbert
Sharon Hughes
David Jesse
William Joyce
Gloria Kado
Matthew Kasiguran
Carol Kindle
Lorraine Lessick
Sherry Levy
Bertha Lynn
Karla Mahoney
Geri Michaels
Carl Miller
Karla Miller
John Moore
Charles Mowery
Debbie Pacanovsky

Susan Penza
Deborah Preston-Ikner
Dwayne Pruitt
Barry Rinkus
Lois Ropar
Kathryn Rossman
Robin Rothacker
Chris Schwab
Debra Shead
Barbara Shellko
Patricia Sirna
Donald Skalak
Marsha Skolnik
Jeff Slezak
Ivory Smith
Beverly Smosny
Mary Ellen Spoto

Eleanor Starnoni
Laura Sunday
Kelly Thome
Claire Ullemeyer
Carol Urban
Reginald Ware
Ed Wetzel
Josephine Woods

JUNE ANNIVERSARIES

Jim & Carol Kindle celebrated 56 years on June 5th
Tom & Geneva Sheppard celebrated 66 years on June 7th

*We publish and celebrate anniversary dates with members who have previously given that information.
If you are new to the Bedford Senior Club within the last year, we may not have your anniversary date.
Please contact the Recreation Office if you wish to have your anniversary date recognized in the monthly Newsletter.*

NEW MEMBERS

Gail Cannata
Judy Mauser
Dwayne Pruitt

Laura Sunday
David Wells



CONTACT BEDFORD PARKS & RECREATION

(440) 735-6570



recreation@bedfordoh.gov